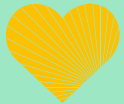


# The Adolescent Gynaecology Clinic

A Safe Space for Girls aged 10-19 to Grow!



fernandez

**Adolescence is not easy. It's a rollercoaster of emotions, hormones and questions, especially for girls between 10 and 19 years. At Fernandez, we've created a safe, non-judgmental, expert-led clinic just for them!**

**From first periods to mood swings, cramps to body image issues, we're here for every phase. Our specialised healthcare service is focused on adolescent girls' physical, emotional, and mental health.**



## What is an Adolescent Gynaecology Clinic?

An **Adolescent Gynaecology** Clinic is a specialised healthcare service aimed at addressing the unique physical, emotional, and psychological needs of adolescent girls. The clinic provides a safe, non-judgmental, and confidential space for young girls to seek medical advice, counselling and preventive care.

## How Does Adolescence Affect Teen Girls?

Not only does adolescence bring about physical changes in a young woman's body, but it also brings about emotional and psychological changes. The most common challenges faced during adolescence are:

- Development of breasts and body hair
- Acne and body odour
- Weight changes and metabolic shifts
- Mood swings and hormonal changes
- Cramps and painful periods

At Fernandez, we provide personalised care to help manage these changes with ease.



## Why Choose Us?

Our clinic is led by some of the best gynaecologists in Hyderabad, who provide age-appropriate care in a safe, supportive space. We focus on:

- Healthy growth and development
- Early detection and management of health issues
- Nutrition, mental health, and lifestyle education
- Menstrual and reproductive health guidance
- Building health awareness and confidence in teens



## **Our Comprehensive Adolescent Health Package Includes:**

- General health check-ups
- Menstrual and puberty-related care
- Blood tests (haemograms) and screenings
- Mental health counselling
- Nutrition and body image support
- HPV and other recommended vaccinations
- Sexual and reproductive health education

**Additional tests and consultations may be suggested for acne, sleep issues, or lifestyle concerns.**

## When Should You Seek Help?

### Seek medical advice if:

- First periods start before age 9 or after 15
- Periods are extremely painful, irregular, or prolonged (over 8 days)
- Periods are missed for more than 2 months
- There's foul-smelling discharge, itching, or burning (possible infection)



## A New Phase in Your Life

Adolescence isn't just a phase, it lays the foundation for lifelong health. With expert guidance, compassionate care, and a safe environment, we help teens build confidence and take charge of their health.

We're here to support you every step of the way on your journey to better **Adolescent Gynaecological Health**. Our team is ready to provide the care and guidance you need.

## The Adolescent Gynaec Clinic Schedule

- **Every Sunday**
- **2 PM – 4 PM**
- **Fernandez Stork Home,  
Banjara Hills**

TO BOOK YOUR  
APPOINTMENT TODAY, CALL

 **1800 419 1397**

